

Wanted:
Attendants
for the
Princess

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A
POSTURE
PLAY

This play is based on the
"Ode to Posture"
By Lillian C. Drew

It was written by
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Issued by the
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By kind permission of Miss Putnam

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CHARACTERS

(In order of appearance)

Town Crier
Villagers
Pages
Judges of Posture (Queen's Ladies)

Projected Head
Stooped Shoulders

Bad Sitting Posture
Low Shoulder

Miss Swayback

Toeing Out

Fair Posture

Stand-On-One-Foot

Hunched Shoulders
Hollow Back
Stiff Muscles
Relax

Flat Foot

Good Posture

Little Straight Princess



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FOREWORD

To be spoken by some pupil before the play begins

We will take you today for a brief visit to the kingdom of the King and Queen Perfect Posture. These Monarchs are very up to date in their ideas, but their kingdom is a small one, and sometimes we find them clinging to an old fashioned method of accomplishing business. An example of this is seen in their town crier, who frequently carries messages from the sovereigns to the people.

In the first scene of our little play, you will see the town crier going through the streets with a notice that attendants are desired for the Princess. The next scene shows the examination of the candidates.

ACT I

SCENE—A Village Street.

Enter Town Crier.

Town Crier—"Listen, good people! Listen, good people!"

Crier pauses while people come out of houses and crowd around to hear his message. He unrolls a paper, and some look over his shoulders while he reads.

Town Crier (reading) — "Your gracious sovereigns, the king and queen, Perfect Posture, desire attendants for their little daughter, the Little Straight Princess. Come to the east gate of the Erect Palace tomorrow at ten o'clock. The Queen's Ladies will examine candidates."

Crier starts on again, and turns back to group to call—"Come one, come all."

Exit Crier calling, "Listen, good people! Listen, good people!"

Group carries on short pantomime of comment, and gossip, criticism and correction of each other's posture, etc.

CURTAIN

ACT II

SCENE—Audience room in Erect Palace. Entrance on either side and at rear. Table and two chairs near center of stage, somewhat back. As curtain goes up, Pages are standing at side entrances.

Enter Judges:

First Judge (to second judge)—“The Little Straight Princess must have attendants few.”

Second Judge—“No one who is the least bit humped will ever, ever do.”

First Judge—“So you and I are here to judge who is of posture true.”

The Judges are seated. A knocking is heard.

First Judge—“Page, admit the candidates.”

Page (announcing)—“Projected Head and Stooped Shoulders.”

Second Judge—“Enter! All are welcome here who wish to come and try; but if you are accepted your standards must be high.”

Enter Projected Head and Stooped Shoulders. They walk slowly, and pause, one at a time, in front of the Judges' table. The Judges look them over.

Second Judge (to Projected Head)—“Don’t thrust your head out turtlewise!” Projected Head moves on.

Second Judge (to Stooped Shoulders)—
“Don’t droop your shoulders so!”

To both as they go toward the door:
“Don’t sag and drag yourselves around,
No style to that, you know.”

Exit Projected Head and Stooped Shoulders.

Page (announcing)—“Bad Sitting Posture
and Low Shoulder.”

Enter Bad Sitting Posture carrying a chair on her back. As soon as she nears the Judges’ table she drops the chair onto the floor and slumps down into it. Low Shoulder stands behind her. Judges shake their heads.

Second Judge (to Bad Sitting Posture)—
“We see folks all around us all slumped down in a heap.”

Bad Sitting Posture rises and moves off slowly, doubled over, with her chair on her back.

Second Judge (looking at her)—“And the way that people navigate is enough to make you weep.”

Low Shoulder comes nearer to be judged.

First Judge (to Low Shoulder)—

“Your posture, now, is not so bad, my dear!
I must confess that it is very near
To what our sovereign king demands shall be
Always on hand where Princess Straight may see.
Just stand aside; with practice you may do,
We’ll have our trainer to look after you.”

During speech, Judge goes to Low Shoulder
and gently puts her into better position.
At conclusion, Judge resumes seat, and
Low Shoulder stands at rear of room.

Page (announcing)—“Miss Swayback!”

Enter Miss Swayback. She walks in exaggerated lope around the stage, and finally bows to Judges and waits for their approval. Judges show horror at her appearance.

Second Judge (to Miss Swayback)—

You, Miss Swayback, will *never* do!
Little Straight Princess must never see you.

Exit Miss Swayback, not at all cast down.

Page (announcing)—“Toeing Out.”

Enter Toeing Out.

Second Judge (to Toeing Out) rising to look at feet—

You are toeing out badly, I see,
Dangerous that for the Princess—and me.

Exit Toeing Out.

Page (announcing)—“Fair Posture.”

Enter Fair Posture.

First Judge (to Fair Posture)—

You walk with grace, with poise and ease.
Your posture is very fair; so far you please.

Judge motions her aside, and she takes a place at back of room with Low Shoulder.

Page (announcing)—“Stand-On-One-Foot.”

Enter Stand-On-One-Foot.

Second Judge (to Stand-On-One-Foot)—

Your habit is, standing on one foot,
Which makes your hip to outward hook,
'Tis always the same foot you use,
So the place—we are sorry—you must lose.

Exit Stand-On-One-Foot.

Page (announcing) — “Hunched Shoulders,
Hollow Back, Stiff Muscles, and Relax.”

Second Judge (to Hunched Shoulders, etc., indicating each by pointing as they move slowly across the stage)—

You elevate your shoulders,
You hollow in your back,
You stiffen up your muscles.

Hunched Shoulders, Hollow Back, Stiff Muscles pass slowly to one side, while the Judge turns to the last of the group, Relax.

Second Judge (to Relax)—

And you just plain relax
Get uplift in your bearing
And strength and spring and vim,
No matter what your worries,
To slouch won't alter them.

Exit all four.

Page (announcing)—“Flat Foot.”

Enter Flat Foot.

First Judge (to Flat Foot)—

Posture with you is good, my child,
The defects you have are rather mild,
The worst I see are your feet so flat,
Look how close they touch the mat!
We may perhaps find use for you,
So with these others you stand too.

Flat Foot stands at back of room.

Page (announcing)—“Good Posture.”

Enter Good Posture.

First Judge (to Good Posture)—

Now you are a figure so perfect and rare
When you walk down the street, the people all stare
Little Straight Princess will admire you, I know
So sweet and so graceful wherever you go.

Good Posture stands at back of room.

Page (announcing)—“Little Straight Princess.”

Enter Little Straight Princess at rear door.
She is guided by Page to Good Posture,
who takes her by the hand and leads her
to front of stage. All the others on the
stage follow, and form a group—pages
on either side, First Judge and Good
Posture with Little Straight Princess in
center.

First Judge (to audience)—

Good Posture is an asset
Which very few possess
Sad to relate, the favored ones
Seem to be growing less.

The ones who walk with grace and ease
Are a spectacle so rare
That even down on gay Broadway
The people turn and stare.

If you would cut a figure
In business, sport or school,
Just mind the posture precepts,
Obey the posture rule.

Just square your shoulders to the world
You're not the sort to quit;
It isn't the load that breaks us down,
But the way we carry it.

SUGGESTIONS

SCENE I

Street may be very simply represented by using dark screens for walls of houses. Crier should have khaki knicker uniform. Villagers may wear any ordinary clothes, should have on big aprons and carry brooms, dust pans, rolling pins, etc., to show that they have left their housework to get the Crier's message. If boys are used in the play, they can wear the uniforms and carry the implements of different trades.

SCENE II

Audience room may be represented by lighter side of screens. No furniture is necessary beside what is mentioned.

COSTUMES

For Pages, knicker suits; dark knickers with red coats and caps, or some similar uniform.

For Judges, coat suits since this is not a formal court occasion, but a business interview. For the same reason, elaborate ceremony is not attempted.

For Miss Swayback, rather elaborate dress which will make her defects and absurd walk more conspicuous. She is expecting to charm by her clothes.

This play was written by girls, and staged and performed by girls. Boys can easily be given parts in it if desired.

All posture defects should be much exaggerated in order to get over to the audience. The Judges should take time to look over the candidates, and those who are rejected should not move too rapidly across the stage, and should endeavor to look depressed because of losing a job. Accepted candidates should have as good posture as possible. Desire of being chosen for these good parts helps to stimulate children to try to form habits of good posture. Parts of defective posture should be given to those who can **act** them rather than to those who actually **have** them. Not much practice is required for the play, and it is not likely that it will make bad posture habitual in anyone. Children who **act** the poor posture parts without really having the defects are impressed, while those who really have the defects are impressed by seeing them acted by someone else much more than by taking the part themselves, since they cannot see themselves and are too accustomed to the **feeling** of poor posture to get any impression from it.



POSTURE SLOGANS

Poor Posture Produces Pain.

Slazy Slouch Soon Slays.

Can't you walk a little straighter?
Said the Shoulders to the Spine,
There's a posture test behind you
And she says, You're out of line.

I sing the praises of the girl
Who stands up straight and tall,
Who sits and walks with dignity,
And does not slump at all.

Which Are You?

? !

Are you a rounded question mark
Ungraceful, lacking vim,
Or a living exclamation point,
Alert, courageous, trim?

Slogans by courtesy of Miss Drew and
Miss Putnam.

NOTE—Additional copies of this leaflet can be had for 25c.

The poster "Ode to Posture," size 12 by 14 inches, on which the Posture Play has been based, can be had through the Posture Standards Company, of One Madison Avenue, New York. Single copy, 10c; quantity price furnished on request.

The "Ode" poster and Posture Play are issued free to members of the League, together with wall charts and leaflets. Information about membership will be sent on application to the American Posture League, One Madison Avenue, New York.

Accession no.

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